

Prayer for Release from Bitterness Towards God

Father God, I have come to realize that I have carried bitterness and resentment in my heart towards You because I have been hurt so deeply in life when _____. I know now that I judged You for not protecting me and others. I know that this is a lie but it feels so true.

I acknowledge that I have allowed these bitterness and judgments to grow in my heart in an attempt to protect myself and make You and others pay for the wounds I have suffered, but I don't want these judgments, self-righteousness, condemnation or bitterness to hinder my ability to enter in a full and meaningful, daily walk with You.

I confess the judgments of _____ and bitterness towards You as sin.

I ask you to forgive me for judging You as _____.

I renounce these judgments and bitterness towards You as sin.

I have misunderstood the many times that my own sinful actions have brought hurtful consequences in my life, the sins and their consequences that have come to me through my own generations, and the loving discipline with which You have faithfully guided me. Forgive my ignorance and any anger that I have held against You when I have suffered the consequences of my own sins and the sins of my ancestors.

Pain has always been something that I have tried to avoid and it is the very thing that You use to open my eyes to things in my life that need to change so that I may be made more into the image of Your Son, Jesus; so that I might be set free from the bondage of my own sinful nature. Your desire is for me to come into the more abundant life, but my desire is for a life with less pain. I confess that I have often chosen the easier, more comfortable ways of life instead of remaining under Your Potter's hand as You did Your work in me.

I would like even now to say that I will always lay still under Your hand in the future, but I know the wickedness of my own heart. I can only pray that You would give me the grace to do so and in Your mercy convict me when I am crying out more from a desire to be free of my pain than from a desire to be conformed to Your holiness.

In my mind, Father, I long for a deeper relationship with You, but in my heart I shrink from it. I know that I have not understood Your ways and have felt that if I ran the universe, I would have done and would do a better job. Forgive me for this incredible sense of pride and independence.

You have said, my Father, that because of Jesus, I can now come boldly before Your Throne to call upon You in time of need. This is one of those times. I cannot cleanse myself from all the bitterness, anger, resentment, judgment, harmful attitudes and behaviors that have come from my perverted view of Who You are. I am helpless, Father, to change my own heart so I ask You to do this.

Give me true repentance and the eyes to see You as You really are, as the heavens and the Scriptures proclaim. Write upon my heart the truth of Your love, Your sovereignty, Your faithfulness, Your love, Your power, Your mercy and grace. Help me to lean not to my own understanding but to acknowledge You in all my ways.

I long to know You in my heart as the Loving Father my mind proclaims You to be.

Amen

